

RHKEMPIRE.COM

FEB. 2020
ISSUE 02

\$4.99
USD

2020
COVER
FLYRT
SERIES

COVER
MODEL
CHRISTINE
MILLER

EXCLUSIVE
PHOTOS
BY
FITNESS
FOTO808

PLUS

ABI
CERNY

RACHELLE
CROSS

AND
MORE!

Content

FLYRT MAGAZINE | FEBRUARY 2020 | ISSUE 2
www.rhkempire.com



Editor Note

I'm really excited about 2020!

When I first started RHK Productions in 2009, I had no idea we would accomplish so much. We've had 5 magazine titles under our umbrella of publications and have released over 300 issues. We have featured over 1,000 of the world's top models, thanks to our dedicated staff and world-class photographers. We are becoming more involved with musical artists and other entertainers and we have no plans on slowing down. I would like to personally thank everyone who has supported RHK ... it hasn't always been easy, but the journey has been a wonderful experience. I hope this year is one of our best yet!

As always, my goal is to make RHK Productions the BEST. If there is anything we can improve, please let us know by contacting us at submit@rhkempire.com.

Have a wonderful 2020!

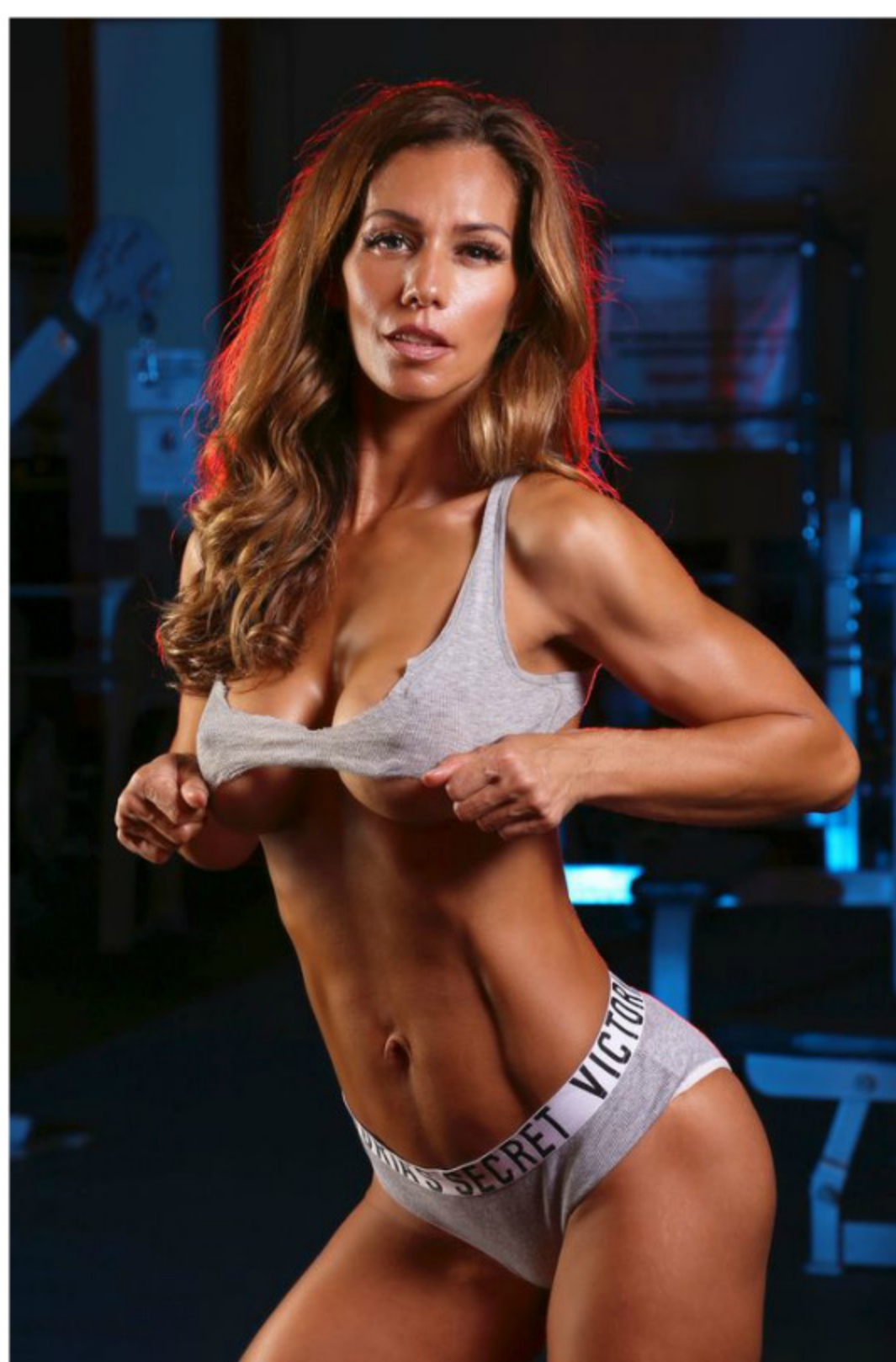
Best regards,
Alexander Deal, CEO



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Abi Cerny

Honolulu, HI
Photos by FitnessFoto80



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Christine Miller

Honolulu, HI
Photos by FitnessFoto80



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Rachelle Cross

Destin, FL
Photos by Cole Willett

UFFESTUFF







POISON GIRL
DIOR

Official perfume
of the
RED-HOT KITTENS



My eyes are my sexiest feature.



**ABI
CERNY**

Location:
Honolulu, Hawaii
Measurements:
32-25-37
Instagram: @abicerny
HMUA: Abi Cerny
Spray Tan: Abby
@spraytanwaikiki
Photographer:
FitnessFoto808

I'm a Hawai'i model and social media brand influencer living in Honolulu, Oahu. I mostly post content about enjoying my life in Hawaii and showcase many of my photoshoots on my Instagram.

I love meeting new people and being outdoors, swimming, surfing, and hiking. My theme is to showcase paradise served daily with a scoop of aloha on the side.





7 Things You Must Do After Every Workout



You've put in the work at the gym, but you're not done. What you do post-workout is very important if you want to maximize your workout and minimize injuries.

Here are 7 essential things you must do:

1. Rehydrate

Simply put, drink water. Drink water. Drink water. This is probably the single most important thing you can do post-workout. It enables your body to recover and replenish.

2. Cool Down

It's very important to get your heart rate back to normal post-workout. Popular ways to do so include light jogging, walking, and yoga. Whatever you choose, take 10-15 minutes to cool down ... your heart needs it.

3. Stretch

Stretching can be included in your cool down routine, but there is some benefit in focusing on this as a

separate essential item. After you cool down, a good stretch will help build flexibility and mobility by elongating your muscles. Be sure to target large muscle groups such as glutes, hamstrings, hips, and shoulders.

4. Protein Up

After you rehydrate and replenish, your body needs a little protein boost. Eating or drinking a protein (and fast-digesting carbohydrate) source 30-60 minutes after a workout helps your body absorb essential nutrients needed to jumpstart muscle repair. Popular choices are protein shakes, yogurt, cottage cheese, almonds, fish, and beef jerky.

5. Shower Time

After you've had a chance to cool off, stretch, and rehydrate, it's very important to "wash off the gym". The last thing you want to do is bring home any unwanted germs ... or smells. Shower. Lather up. Put on fresh clothes.

6. Track Progress

You'll never know how far you've progressed, unless you know where you started. From day one, Track your progress using a notepad. Or, if you prefer a more modern day approach, try using FitBit, smartwatches, or other apps that help track your fitness routine. Once you hit your initial goal, set more aggressive, but attainable, goals. The important thing is to track yourself so you have data to compare ... this will help you determine which areas you excel in, and which areas you need to target more aggressively.

7. Spoil Yourself

You'll never enjoy working out if you don't see results ... and if you don't reward yourself for your efforts. Don't be afraid to spoil yourself.

One of the best post-workout rewards is getting a massage. Other than the pure joy of having someone else massage your body, a good massage will remove lactic acid and improve muscle strength.

But don't stop there. De-stress. Relax. Watch a movie. Read a book. Don't overwork your body by adding stress to an already intense workout.



Amateur Models

I want to do something pretty,
but edgy, but sexy, but not
skanky.

I don't know you,
so I brought
Becky and Stacy
to make sure
you're not a
rapist.

Is this
going on
the
internet?

Your studio
doesn't look very
nice.

Can I get my 500
proofs
tomorrow?

Ew, I look fat.

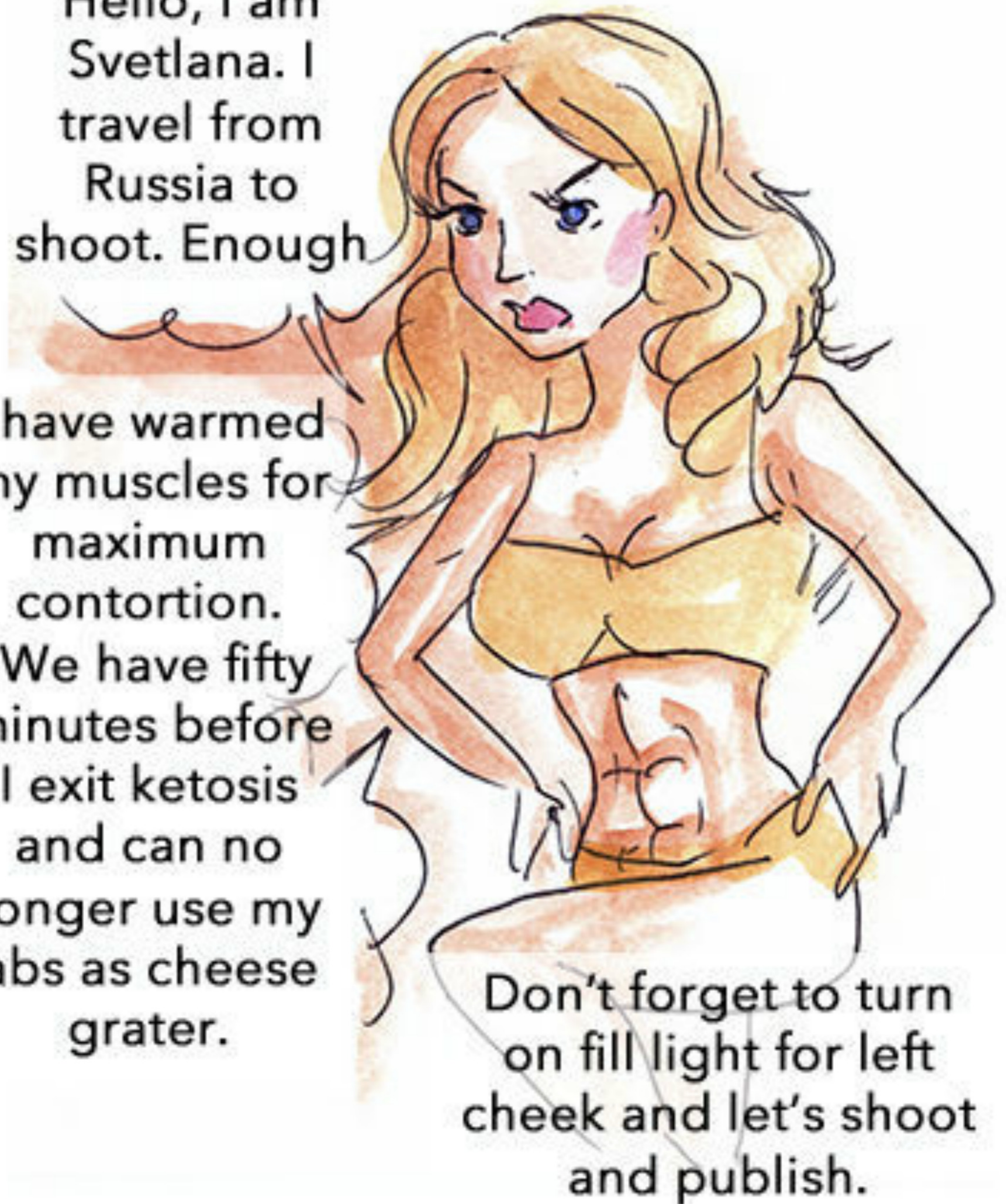


Traveling Models

Hello, I am
Svetlana. I
travel from
Russia to
shoot. Enough

I have warmed
my muscles for
maximum
contortion.
We have fifty
minutes before
I exit ketosis
and can no
longer use my
abs as cheese
grater.

Don't forget to turn
on fill light for left
cheek and let's shoot
and publish.





**Sexiest Feature?
My booty!**

CHRISTINE MILLER

Location: Honolulu, HI

Measurements: 34D-25-35

Height: 5'9"

Sexiest Feature: Booty

Instagram: @officalchristinemiller

HMUA: Christine Miller

Photographer: FitnessFoto808

Mrs. HAWAII 2015, 2019 NPC Bikini
Masters Champion (Shawn Ray
HAWAII Classic), Philanthropist.

















**SUBMIT
TODAY**

We accept submissions from all genres of modeling:

- Glamour
- Nude
- Fashion
- Fitness
- Runway



Why Submit?

RHK Productions has been in business since 2009, and has a reputation for bringing you all-new photos and videos of our world-famous Red-Hot Kittens ... the world's sexiest models who have been featured in Playboy, Maxim, FHM, and other leading magazines.

While our publications are the sexiest magazines you'll find, we take pride in featuring each and every model in a tasteful, respectful fashion.

We have several quality publications which have been published monthly (or twice a month) for years without interruption. The following publications are currently available worldwide, in print and digital:

RHK Magazine – Glamour, bikini, lingerie, implied, topless (nudity allowed)

Flyrt Magazine – Fitness, glamour, implied, topless (nudity allowed)

KAAT Magazine – Urban models, eye candy, video vixens (nudity allowed)

Riche Magazine – Fashion, bikini, lingerie (no nudity)

Interested in becoming an exclusive Red-Hot Kitten model ... and enjoying the benefits of being a contracted model? Contact us at submit@rhkempire.com.

RHKEMPIRE.COM

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ISSUE 01

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2020
COVER
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SERIES

PLUS

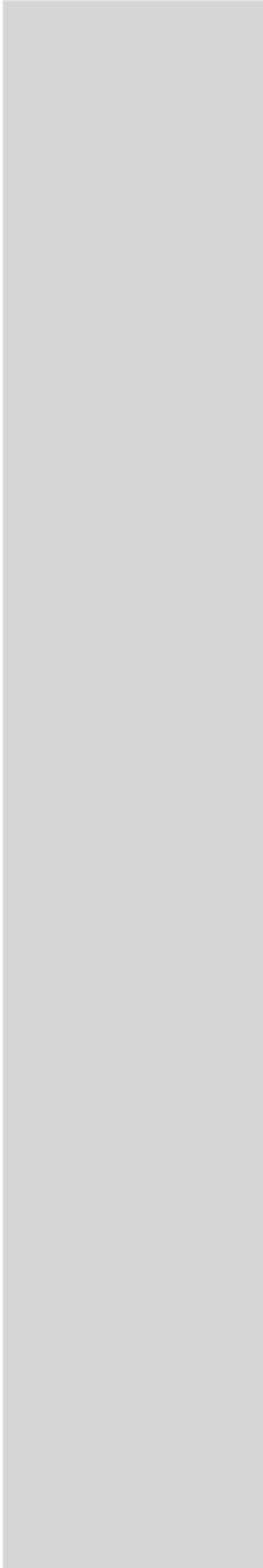
SASHA
STANT-
SOUZA

CHRISSY
MARIE

AND
MORE!

COVER
MODEL
LILY
MARIE

EXCLUSIVE
PHOTOS
BY RICK
TROTTER

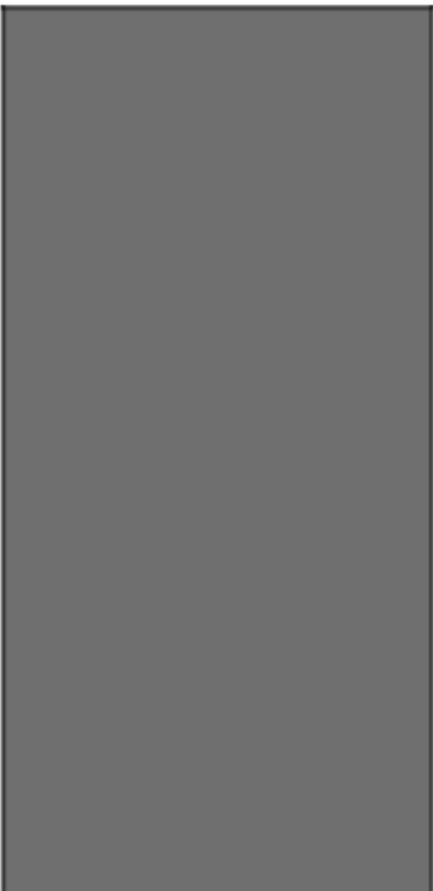
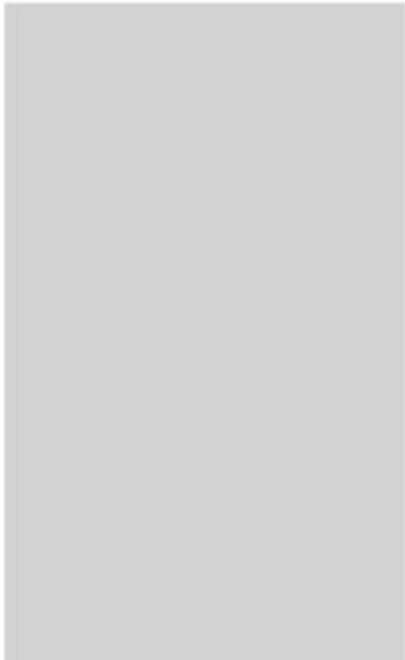


RACHELLE
CROSS

Location:
Destin, FL
Bust: 34
Sexiest Feature:
Long legs
Instagram:
@Rachelle_Monet
HMUA:
Rachelle Cross
Photographer:
Cole Willett



Hi ... I'm Rachelle from Destin, FL! I enjoy modeling, surfing, going to the beach and traveling the world!















A woman's back and shoulder are visible on the left side of the frame, set against a dark, textured wall. Dramatic lighting from the right creates strong, diagonal shadows across the wall, highlighting its rough surface. The overall mood is artistic and moody.

RICHE MAGAZINE
FASHION. FITNESS. BEAUTY.
RHKEMPIRE.COM

